

Child and Adult Care Food Program Meal Patterns for Adults

This chart lists the amounts and types of food to be served to adults.

Food Components	Breakfast	Lunch	Supper	Supplement*
Milk, fluid	1 cup	1 cup	None required optional	1 cup
Vegetable(s) and/or Fruit(s) Vegetables and/or fruit or full strength vegetable juice or fruit juice or an equivalent combination of vegetable(s), fruit(s), and juice	½ cup	1 cup total (two or more servings)	1 cup total (two or more servings)	½ cup
Bread or Bread Alternates Bread or cornbread, biscuits, rolls, muffins, etc... or cold, dry cereal cooked cereal or cooked pasta or noodle products or cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate	2 slices 2 servings 1 ½ cups or 2 oz 1 cup 1 cup	2 slices 2 servings 1 cup 1 cup 1 cup	2 slices 2 servings 1 cup 1 cup 1 cup	1 slice 1 serving. ¾ cup or 1 oz. ½ cup ½ cup ½ cup
Meat or Meat Alternates lean meat or poultry or fish or cheese or egg (large) or cooked, dry beans or peas or peanut butter or soy nut butter or tree nut or seed butters or peanuts or soy nuts or tree nuts or seeds or yogurt	optional, none required	2 oz. 2 oz. 1 egg ½ cup 4 Tbsp. 1 oz.= 50% 8 oz. or 1cup	2 oz. 2 oz. 1 egg ½ cup 4 Tbsp. 1 oz.= 50% 8 oz. or 1cup	1 oz. 1 oz. ½egg ¼ cup 2 Tbsp. 1 oz. 4 oz. or ½cup

***For a supplement (snack) choose two of the four food components to meet requirements, more components may be served.**